

Loss, Grief and Chronic Pain

The theories of loss and grief are traditionally associated with bereavement.

These theories possibly link to developing and living with chronic pain.

There are many theories on an individual and societal level.

Kubler-Ross (1969)

Denial

Anger

Bargaining

Depression

Acceptance

Murray-Parkes (1971)

Realisation

Anxiety/fear

Searching

Feelings of loss of self

Gaining a new identity

(Pathological variants – unresolved grief)

Schneider (1994)

Initial awareness of loss

Attempts at limiting awareness by holding on

Attempts at limiting awareness by letting go

Awareness at the extent of loss

Gaining perspective of the loss

Resolving the loss

Reformulating loss in the context of growth

Transforming loss to new levels

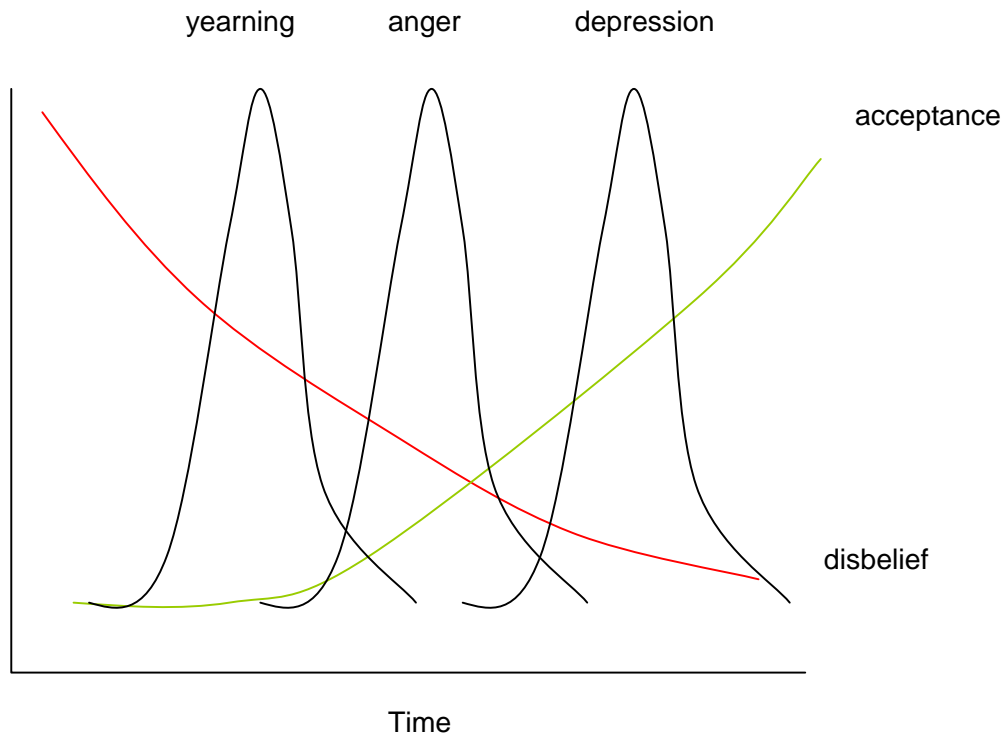
“Personal growth can result from loss”

Progressive / regressive theory (Thompson 1992)

Dual process theory (Stroebe and Schut 1995)

These theories state that individuals do not go through the stages in an orderly or linear fashion. Individuals may go through more than one stage at a time, and may go forwards and backwards through stages.

Jacobs (1993)



This model shows how the dual process theory is applied to stages of loss and grief

Meaning Reconstruction Theory (Neimeyer, 2001)

Who we were →
Who we are → **Our Future**

Social Disenfranchisement Theory (Doka, 2001)

Does society value the loss?

Disenfranchisement of griever

Disenfranchisement of the loss itself

Do you think that linking the theories of loss and grief to chronic pain could be useful to individuals with chronic pain?

If so, how?

If so, when/

If so what other resources support would be necessary?

If you have any questions please don't hesitate to contact me S.A.Curtis@soton.ac.uk

**Thank you for your time
Sally**